الجمهورية الجزائرية الديمقراطية الشعبية

وزارة التربية الوطنية	الديوان الوطني للامتحانات والمسابقات
امتحان شهادة التعليم المتوسط	دورة : ماي **2016**
اختبار في مادة: اللغة الإنجليزية	المدة: ساعة ونصف

Exam stress

It's exam time again, but how do you manage? Leave your studying until the last minute and stop everything you enjoy and study all the time. Is it the right thing to do? Or is there another strategy to follow? All you need is to organise your time.

First of all, you need to begin studying early. If you just revise the day before, you will definitely get stressed! Just prepare a study plan and stick to it. In this way, you will make sure you complete everything on time. You will also be much calmer and a lot more relaxed.

Secondly, you have to eat well and get enough sleep. If you have plenty of energy and your mind is rested, you will be able to think more clearly. It is also a good idea to go for a walk, for example, or have a quick snack with friends. Don't forget you need to find time to relax and have fun. This can help to clear the mind.

All in all, what you need is to plan your time carefully. If you do this, exam stress will not be a problem.

Adapted from Upstream, Elementary A2
Virginia Evans-Jenny Dooley. Express Publishing 2008

Part One (14 pts)

A/-Reading Comprehension (07 pts)

Read the text carefully and do the following activities:

Activity One (03 pts): Read the following statements and write "true" , "false" or " not mentioned":

1- Planning well for exams is the best way to avoid exam stress.
2- Studying in a library is better than studying at home.
3- You don't need to sleep well before exams.

Activity Two (02 pts): Answer the following questions:

1- Is it a good idea to revise the day before exams?
2- Do fun activities help to clear the mind?

Activity Three (02 pts) :

-Find in the text words that are closest in meaning to the following (01 pt):

like =………… finish =…………

-Find in the text words that are opposite in meaning to the following (01 pt):

wrong ≠…………….. relaxed ≠…………

B/-Mastery of Language (07 pts)

Activity One (02 pts): Spot the mistakes and write the corrected sentence.

If I were you. I would revised my lesons in home.

Activity Two (03 pts): Write the correct form of the verbs in brackets.

1- Relaxation (to be) important at exam time.
2- Learners could (to have) some fun activities when studying for exams.
3- If you leave your revision until the last minute, you (not / to avoid) stress.

Activity Three (02 pts): Find in the text four words that have the following sounds:

/ I / (sit)	/ i: / (meet)
1…………………………………… 2……………………………………	1…….. 2………………………………………

Part Two (06 pts): Written Expression

Your classmate is always suffering before exams and becomes very anxious. She / He asks you before the B.E.M exam for advice to avoid this stress. Send her/ him an email in which you suggest some pieces of advice.

Write about:

- planning before exams
- revising in pairs or in group
- relaxing and having a healthy diet

DO NOT SIGN YOUR NAME

<table>
<tr><th colspan="2">العلامة</th><th rowspan="2">عناصر الإجابة</th></tr>
<tr><th>مجموع</th><th>مجزأة</th></tr>
<tr><td>14 PTS</td><td>07PTS

(1pt×3)
1pt
1pt
1pt

(1pt×2)

1pt

1pt

(0.5pt×4)
0.5pt each

7pts

(0.5 ×4)
0.5 each

(1pt ×3)
1pt
1pt
1pt</td><td><u>Part One:</u>
<u>Reading Comprehension</u> :

<u>Activity one</u> :
1- True.
2- Not mentioned.
3- False.

<u>Activity Two</u>:
1 -No, it is not/No/No, it is not a good idea/ If you just revise the day before, you will definitely get stressed/it is a bad idea/ it is a wrong idea.

2-Yes, they do/Yes, fun activities help to clear the mind/ Yes / Fun activities help to clear the mind / Don’t forget you need to find time to relax and have fun.

<u>Activity three:</u>
a) -like = enjoy   -finish = complete
b) -wrong ≠ right   - relaxed ≠ stressed

<u>B/ Mastery of Language</u> :

<u>Activity one</u>:
If I were you, I would revise my lessons at home.

<u>Activity two:</u>
1- Relaxation <u>is</u> important at exam time.
2- Learners could <u>have</u> some fun activities when studying for exams.
3- If you leave your revision until the last minute, you <u>will not/ won’t avoid/</u> stress.
Accept the following answers if they are given by the candidates: <u>cannot avoid</u>/ <u>may not avoid</u>/ <u>/might not avoid</u>.</td></tr>
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عناصر الإجابة	العلامة مجزأة	العلامة مجموع
Activity Three:	(0.5pt×4)	

/ I /	/ i: /
Exam -it - manage-studying- until-minute-everything-enjoy-study-is -it-thing-strategy-begin-early- if-before-will-definitely-prepare-stick-this-relaxed-secondly-enough-plenty- energy-rested-think-clearly-relax-quick- with-example-in-carefully-adapted-elementary-Virginia-Jenny - Dooley-express-publishing.	Leave- need-complete-eat sleep-upstream- be.

0.5 each

NB: Concerning (be), it can be both short and long according to the sound that follows: Consonant or vowel/strong or weak form.

العلامة		عناصر الإجابة
مجموع	مجزأة	

Criteria	Good	Fair	Poor
Relevance **(02 Pts)**	-Topic: Candidate writes pieces of advice about how to cope with exam stress: ideas are related to the topic. -Format: The candidate writes all the parts of an email. **(02 pts)**	-Topic: Candidate writes pieces of advice about exam stress: Some ideas are related to the topic. - Format: The candidate writes an email: Some parts are missing. **(01pt)**	- Topic: Very little reference to the topic. -Format : Incorrect **(0.5pts)**
Organisation **(02 Pts)**	-Ideas well organised. -Topic sentence /4 or more supporting sentences and a conclusion. - All the sentences linked correctly. **(02 pts)**	-Some ideas well organised . - Topic sentence / 2 or 3 supporting sentences. -No topic sentence / no conclusion. -Some sentences linked correctly. **(01pt)**	-Ideas not well organised. -Confusing ideas. -No topic sentence, no conclusion. -Not linked correctly. **(0.5pts)**
Linguistic Resources **(02pts)**	-Correct use of present simple/present continuous /future simple/conditional type1…/imperative form. -Use of adjectives (comparative and Superlative forms) - Use of appropriate modals (should, must, can, could…) - Use of quantifiers (some, many…). -Use of link words. -Use of conjunctions of cause and effect. - Vocabulary is varied. - Punctuation and Capitalisation **(02pts)**	- Use of present simple/ present continuous/ future simple/conditional type1…/imperative form with some mistakes. -Use of few adjectives(comparative and superlative forms) -Use of few modals -Use of some quantifiers. -Use of some link words. -Use of some conjunctions of cause and effect. - Vocabulary is not varied. - Little use of Punctuation and Capitalisation . **(01pt)**	- Incorrect use of: simple present/ present continuous/ future simple/ conditional type 1…/imperative form. -No use of:Adjectives (comparative and superlative forms) -No use of modals. -No use of quantifiers/ link words/conjunctions -Poor vocabulary. -No use of Punctuation and Capitalisation **(0.5pts)**